This Is Your Life Newsletter

January 2007

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Welcome to my monthly e-newsletter. As always, feel free to pass this on to friends, family or colleagues. If you or anyone you know is interested in learning more about *This Is Your Life* coaching, please go to my website: www.lifecoachmkay.com, email me: marykay@lifecoachmkay.com or give me a call: 608-239-1066.

I appreciate your referrals and your feedback. I love what I do and want to serve you as best I can.

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Happy New Year!

Hope you had a good holiday. Seems like Christmas was a long time ago doesn't it?

Due to the absence of snow and restless kids over break, we saw lots of movies. Mostly family fare, but Brett and I did get to see a couple grown up movies. We saw "Holiday," a romantic comedy with Cameron Diaz, Kate Winslet, Jack Black and Jude Law. Cameron played a high powered Hollywood type who writes previews or trailers for upcoming movies. Her character had a habit of running previews in her head as she experienced events in her real life, usually around her failure with men. "Professional woman destined to be unhappy and single the rest of her life becomes a……." It wasn't what one would call the makings of a classic, but it made me think that ultimately we each have the power to create a preview of our own lives. And what do you know……a newsletter was born.

What would your preview look like? Read on…..

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ANNOUNCEMENTS

WANT MORE SATISFACTION IN YOUR CAREER? JOIN US!!

Thursday, February 8th, ICF-Madison Chapter is featuring a FABULOUS speaker, Tama Kieves, author of This Time I Dance, for the ICF Coach Week Event, 5-8 PM. Tama is a former corporate Harvard Law School-trained attorney who gave up her corporate life to become a writer and leading

career coach. Besides listening to a great speaker-she's energizing, funny and inspiring, you will have the opportunity to meet local career coaches and other professionals who work in the area of career growth and change. Flyer is attached.

Rockford Life Magazine- For those of you in the Rockford area, check out yours truly-that's me-featured in an article, *New Year's Resolutions-A Fresh Start to 2007*. The first part of the article is accessible online, but unfortunately, I'm featured in the second part-darn! If you're in Rockford, feel free to pick it up and pass it along to your friends. The writer did a really nice job. Okay, enough self-promotion.

This Preview has been rated "G" for General Greatness!

By Mary Kay Aide

"Goals are a preview of future events
and experiences in your life."
-- **Mark Victor Hansen**

So what do you want *your* future events and experiences to be? If you could create a preview of what's to come, what would it look like? In coach-speak, what's your vision? Here's a simple exercise you can do.

Create a Preview:

1. Look at different areas of your life
2. Create a preview of your ideal future in each of those areas
3. Backtrack and figure out what you need to do now to make it happen

Take out a sheet of paper or sit down at your computer and list the following eight areas of your life: Work/Career; Money; Personal Growth/Spirituality; Health; Romance/Significant Other; Fun/Recreation; Physical Environment; Friends/Family.

Put yourself in a place one year from now-January of 2008. Create a sentence or two that will describe what is happening in each of these areas, your own personal movie preview of your life. Remember, when you watch actual movie previews, they are exciting, they show the best parts of the show, and make you want to see the rest of the story. Your preview can be the same. As you create your preview, don't get bogged down with the details, just go for the finished product. You can work out the details later.

Now that your preview is ready, what's next? Perhaps you're really happy with a certain area of your life. What do you like about it and what can you do to maintain it?

If your preview is different than your current situation, what's different? Now, it's time to figure out the steps needed to make it happen.

Here are a couple of my previews: In the area of Romance/Significant Other, I see my husband and I having lunch together at least once a week, and having a date night at least once a month. I see us catching each other up on the details of life, having great discussions, going to movies and laughing a lot. So how do I make that happen? Well, I might run the idea by my husband (!) then we can take concrete steps to schedule it and make those things a priority.

In the area of Physical Environment, I see walking into each room in my house being surrounded by colors that make me feel warm, cozy and comfortable. How do I make that happen? Call Jodie at InnerView Consulting and do the rooms I didn't get to a couple years ago. The goal? No more white walls!

How about you? What's your preview look like? Like a great movie preview, focus on the highlights and create a preview you can't wait to see! Be creative and go for it! Then take the steps to make it happen!

I'd love to see *your* preview and I'd love to help you make it happen! Taking time to do this exercise now will greatly increase the likelihood that you'll get what you want this year. Think how great you'll feel when you can sit back and, as they say at the movies, "enjoy the feature presentation." Go for it! See you at the movies.

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This Is Your Life newsletter is emailed to clients, former clients and anyone who's interested in personal growth.

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